

14 Stages of the Hero's Journey

by Joseph Campbell

Birth

Somehow unusual due to lineage or circumstances in upbringing.

Call to Adventure

Starts in a mundane situation from which information is received, luring hero toward a noble cause.

Refusal to Call

Due to a sense of fear, insecurity, or narrowed view of duty, the hero refuses the call to adventure.

Crossing the Threshold

Crosses into unfamiliar lands, entering dangerous territory of adventures and unknown laws & limits.

Entering Road of Trials

Enters the belly of the whale and fully commits to undergoing a heroic transformation.

Helpers

Humans, gods, animals assist the hero, sometimes using magic or supernatural means. Major helpers appear multiple times throughout the hero's journey, whereas minor helpers appear only once.

Magical Aid

The hero receives or earns a special weapon that aids him or her during the trial of tests and supreme ordeal.

Trials and Tests

A series of test and tasks that the hero must go through during the transformation. Often the hero fails one or more of these tests.

Temptations

Material temptations that may lead the hero to abandon or stray from the quest.

Supreme Ordeal

The ultimate test of wit, courage, and strength that truly threatens the hero's life and kingdom. All other tests and trials prepared the hero for this ordeal.

The Ultimate Boon

Achieving the goal of the quest. What the hero went on the journey to acquire.

Refusal of Return

Having found bliss and enlightenment in the 'unfamiliar' world, the hero may not want to return to the familiar, ordinary world.

Return Home

Returns home with the wisdom gained from the journey. Integrates that wisdom into everyday life, sharing it with the world.

Master of the Two Worlds

Achieving a balance between the material and spiritual (the inner and the outer) worlds.

Homeland

Familiar & Safe

The

Unknown

Unfamiliar & Hostile